

WHAT IS CLAIMED IS:

1. A plastic grocery bag holder comprising:
main support means;

5 groove means in a upper portion of the main support means forming a substantially U-shaped transverse cross section for the width of the main support means, the groove means providing a support surface for shopping bag handles;

10 retention means situated at the upper ends of the legs of said U-shaped portion of said groove means whereby a shopping bag handle can pass said retention means and be inserted into said groove, said retention means acting to prevent bag handles from accidentally falling out of said groove;

15 a U-shaped finger enclosing portion comprising a lower portion of said main support means whereby the legs of the U-shaped finger enclosing portion prevent irritation of one or more of the fingers, or the hand, when a shopping bag is being carried and further whereby a cross-section of the U-shaped finger enclosing portion is transverse to a cross-section of the 20 U-shaped portion of the groove means; and

back of wrist support means extending from said main support means for helping to balance a load comprising one or more balky item contained in one or more shopping bags attached to said bag holder.

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2. In a holder for attachment to a bag having at least one carrying loop, said holder including an elongated body terminating in opposed ends, said body being formed with a substantially U-shaped transverse cross section having upwardly 30 extending side walls terminating in edges defining a loop receiving channel on an open upwardly facing side of said body and a manually engageable gripping surface on a downwardly

facing side of said body, the improvement in said holder comprising:

bag handle retention means formed near at least one of said opposed ends, said retention means including at least one 5 projection cantilevered inwardly from one side wall of said loop receiving channel whereby a small space occurs between the end of said projection and the other side wall of said loop receiving channel, the small space defining a loop receiving opening therebetween, said projection resisting accidental 10 removal of said loop from said loop receiving channel; and

downward extensions of said elongated body on each end of said engageable gripping surface operating to shield a hand of a person using said holder from irritation by the carrying loop of a bag.

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3. The apparatus of claim 2 comprising in addition:

a generally U-shaped extension of said body for enclosing and contacting the dorsum of the hand when a bag is being carried;

20 said bag handle retention means comprising projections at opposite ends of handle body; and

the bight portion of said loop receiving channel angled slightly outward from vertical at the sides of said handle in the area enclosing the carrying hand when the holder is being 25 used to carry bags of objects.

4. A shopping package carrying hand grip replaceably attachable to at least one of hand straps of a package, a string of a tied package and a rope of a tied package, that prevents 30 injury to a palm and/or fingers of a shopper when the shopper is carrying the package regardless if said shopping package carrying hand grip is rotated longitudinally, comprising:

a one-piece body including a partially enclosed hand grip on a lower surface thereof and a generally U-shaped groove on an upper surface thereof wherein the groove provides a contact surface for said at least one of hand straps, string, and rope;
5 and

a pair downwardly curved projections, located near the end of the legs of the U-shaped groove and extending inwardly to form a nearly complete enclosure in the area of the projections while allowing insertion of at least one of hand straps, string,
10 and rope into said nearly complete enclosure whereby said at least one of hand straps, string, and rope may contact the groove.

5. The hand grip of claim 4 comprising, in addition:
15 an opening in said one-piece body, said opening providing shock absorber relief between the hand grip lower portion and the bag handle groove on the upper portion.

6. A handguard for carrying plastic shopping bags
20 comprising:

a generally U-shaped main support means including a hand contact lower portion within the bit portion of the U-shaped main support means;

a trough in a upper portion of the generally U-shaped main support means, a lower surface of the trough providing a support surface for at least one shopping bag handle;

at least one flexible tab located near one edge of the trough and extending toward the other edge of the trough to form a nearly complete enclosure in the area of the tab while
30 allowing insertion of any shopping bag handles into said substantially complete enclosure whereby inserted shopping bag handles may contact the lower surface of the trough, said at

least one flexible tab, while in a normal position, preventing release of any shopping bag handle from said trough.

7. The apparatus of claim 6 comprising in addition:

5 a generally U-shaped extension of said main support means for contacting the dorsum of the hand when at least one bag is being carried; and

10 said flexible tab being formed in the shape of a curved hook to aid in retention of bag handles while said holder is in use.

8. The apparatus of claim 6 comprising in addition:

an opening for storing bags in said main support means.